

Meatloaf
with Red Skin Mashed Potatoes

4 - 17 oz.

Use By: 12/20/11

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Homestyle Meatloaf with Tomato Sauce

Nutrition Facts

Serving Size 5 oz (140g)
Servings Per Container
about 8
Calories 220

Calories from Fat 90

*Percent Daily Values are based on a
2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 12g	15%	Total Carbohydrate 18g	6%
Saturated Fat 3.5g	18%	Dietary Fiber 0g	0%
Trans Fat 0.5g		Sugars 12g	
Cholesterol 70mg	23%	Protein 15g	
Sodium 720mg	30%		
Vitamin A 0%		Calcium 2%	
Vitamin C 4%		Iron 8%	

INGREDIENTS: Meat Loaf (ground beef, onion, cracker meal [wheat flour, salt], eggs [whole eggs, citric acid], ketchup [tomato concentrate (water, tomato paste), corn syrup, vinegar, salt, onion powder, spice, natural flavors], green pepper, onion soup mix [dehydrated onions [contains naturally occurring sulfites], potato starch, salt, hydrolyzed protein (corn, soy, wheat), beef fat, maltodextrin, lactose [milk], sugar, autolyzed yeast extract, caramel color, natural flavor, onion juice concentrate, gum arabic, spice, BHA & propyl gallate [to protect quality], citric acid), sauce (ketchup [tomato concentrate (water, tomato paste), corn syrup, vinegar, salt, onion powder, spice, natural flavors], water, green pepper, garlic, sugar, thickener (modified food starch [maize], maltodextrin).

CONTAINS: WHEAT, MILK, SOY, AND EGGS.

HEATING INSTRUCTIONS:

Peel back one corner of the cover film to vent.

MICROWAVE OVEN: Only heat in ovens made after 1980. Place tray on microwave-safe plate.

Place tray in the center of the oven. **KEEP TRAY AWAY FROM OVEN WALLS.** Cook on HIGH for 5 - 6 minutes or until internal temperature is 165°F. Do not heat more than one tray at a time.

CONVENTIONAL OVEN: Place tray on baking sheet. Pre-heat oven to 350°F. Bake tray for 25-30 minutes or until internal temperature is 165°F. Both cover film and tray are microwave and conventional oven safe. Product labels may discolor during heating.

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your **double** guarantee.

If you are not 100% satisfied with this product, simply return it with your VIC card for a full refund, and we will double your money back! For full details: 1-800-432-8111 or harristeeter.com.



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